

**All Courses Sign In DFA Kali -  
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Video Course Description DFA  
Kali Bundle - Levels 1, 2 and 3  
The Filipino martial arts are  
known by the names Kali, Escrima  
and Arnis. Most people think of it  
as "That Stick Fighting Art" , but  
it is much more. The Filipino  
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system encompassing hands, feet,  
weapons and joint locking. Many  
police and military around the  
world are now learning these arts  
are due to the effectiveness of the  
techniques. Personal instruction  
is the best way to train, but our  
methods and instructional videos  
allow students not living near one  
of our schools to progress from  
beginner to Instructor (black**

**sash) at their own pace. Sifu/Guro David clearly and concisely explains the proper warm-ups, techniques, forms, and theory. Each Course level of mastery is demonstrated in easy to digest lessons by Guro David and his students. We recommend that you take this course with a friend if possible (but not necessary). It helps to have a workout buddy to practice techniques on, spar with, and share ideas. It's also more economical because you can share the cost of the video courses. DFA Kali Levels 1-6 is all that is needed to be tested for Instructor level, but they should stay in touch by sending periodic videos, (To make sure that they are making sufficient progress). You decide when you are ready for**

**Instructor level testing. Instructor Testing: Students interested in becoming Instructors need to spend at least 2 Years training this course before submitting a video for testing. These techniques, theories and ideas need to become ingrained in you and become part of your 'muscle memory'. It is not enough to simply memorize the drills and techniques. When you are ready you can contact us for requirements. Purchasing this Special Bundled Course gives you access to DFA Kali Levels 1, 2 and 3 This course contains 79 video lessons and over 5 hours of Training The course teaches the following: DFA Kali Level 1 Basics FMA History The Salute or Bow Warm-ups and Stretching**

**Footwork Forward Angle Stepping  
Reverse Angle Stepping Six point  
Stepping Punching The Jab The  
Cross The Hook The Uppercut  
Hand Speed Drills Kicks Front  
Kick Side Kick Thai or Shin Kick  
Street Defensive Tactics Front  
Choke Rear Choke - part 1 Rear  
Choke - part 2 Ground Fighting  
Ground Fighting #1 - Guard,  
Mount, Side Mount Ground  
Fighting #2 - The Reality of the  
Street Ground Fighting #3 -  
Maneuvering in the Guard Single  
Stick Warm-ups for the Stick Nine  
Angles of Attack Long Range  
Blocking PDF's Curriculum  
Certificate of Completion DFA Kali  
Level 2 Blocking Punches The Slip  
The Parry The Cover Cover - Low  
Bob and Weave Knees and Elbows  
Knee Strikes Elbow Strikes Elbow**

**Drills Blocking the Kick Front  
Kick - Blocking Side Kick -  
Blocking Street Defense Tactics  
Full Nelson Bear Hug - Front &  
Rear Head Lock Single Stick -  
Long Range Drill #1 - Abecedario  
(basics) Drill #2 - Abecedario  
(basics) Drill #3 - Abecedario  
(basics) Equis - X strike Disarms  
PDF's Certificate of Completion  
Curriculum for Level 2 DFA Kali  
Level 3 Blocking Punches  
Shoulder Roll Stop Hits Blocks for  
the Uppercut Kicks Thai/Shin  
Kick Toe Kick (normal and  
inverted) Heel Kick Kicks -  
Blocking Shield Cut Kick Street  
Defensive Tactics Ball Bat Attacks  
Chest Grab (one and two hands)  
Tackle/Single Leg Takedown Lock  
Flow #1 Gooseneck, Shoulder  
Lock, Elbow Lock and Supine**

# **Armbar Double Stick Abecedario Drills (basics) Four count Sinawali Drills (weaving) Heaven Six Count Standard Six Count Earth Six Count**

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(basics) Drill #3 - Abecedario (basics) Equis - X strike Disarms PDF's  
Certificate of Completion Curriculum for Level 2 DFA Kali Level 3 Blocking  
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Lock, Elbow Lock and Supine Armbar Double Stick Abecedario Drills  
(basics) Four count Sinawali Drills (weaving) Heaven Six Count Standard  
Six Count Earth Six Count

## DFA Kali - Levels 1, 2, 3: Course Overview

**DFA Kali Levels 1, 2, & 3** is a comprehensive online bundle introducing the Filipino martial arts—Kali, Escrima, and Arnis. These arts are not limited to stick fighting; they form a complete self-defense system covering hand strikes, kicks, weapons, joint locks, and street defense tactics. The program is suitable for beginners and those aiming to progress toward instructor level, with flexible, self-paced video instruction from Sifu/Guro David and his team

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## What's Included

- **Access:** 79+ video lessons, over 5 hours of training, downloadable materials, and certificates of completion for each level

□ .

□ **Curriculum:** Each level builds on the last, covering basics, techniques, theory, and practical application.

□ **Support:** Recommended to train with a partner for best results, but solo learning is possible. Periodic video submissions are encouraged for feedback and to track progress toward instructor certification

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## Course Content Breakdown

| Level     | Key Topics Covered                                                                                                                                                                                                                                                                                        |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1         | FMA history, salute/bow, warm-ups, footwork, basic punches (jab, cross, hook, uppercut), hand speed drills, kicks (front, side, Thai/shin), street defense (front/rear choke), ground fighting (guard, mount, side mount), single stick (warm-ups, nine angles, blocking), PDFs (curriculum, certificate) |
| Level 1 1 |                                                                                                                                                                                                                                                                                                           |
| 1 2       | Punch defense (slip, parry, cover, bob/weave), knees/elbows, kick defense, street defense (full nelson, bear hug, headlock), single stick (Abecedario drills, X strike, disarms), PDFs (curriculum, certificate)                                                                                          |
| 1 3       | Advanced punch defense (shoulder roll, stop hits, uppercut blocks), advanced kicks (toe, heel, shield, cut kick), street defense (bat attacks, chest grabs, takedowns), lock flow (gooseneck, shoulder, elbow, armbar), double stick (Abecedario, Sinawali drills), PDFs (curriculum, certificate)        |

## Progression and Instructor Certification

- **Advancement:** Students can proceed at their own pace, with the option to progress up to Instructor (black sash) level by completing Levels 1-6 and maintaining contact via periodic video submissions

□ .

□ **Instructor Testing:** Requires a minimum of two years of training before submitting a test video. The focus is on ingraining techniques into muscle memory, not just memorization

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## Pricing and Access

- **Bundle Price:** \$24.97 for Levels 1, 2, and 3 (as of the latest listing)

□ .

□ **Free Preview:** Level 1 is available for free to allow new students to try before purchasing

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## Additional Notes

- **Teaching Style:** Lessons are concise and easy to follow, suitable for solo or partner training.
- **Flexibility:** All videos are downloadable, allowing offline access and lifelong reference

□ .

□ **Community:** Students can join an online community and, upon certification, be listed as instructors

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For anyone interested in Filipino martial arts, DFA Kali's bundled beginner course offers a structured, affordable, and accessible path from novice to instructor, emphasizing practical self-defense, weapon skills, and personal development

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DETAILS how to do exercises and drills  
DETAILS how to do exercises and drills

## How to Do DFA Kali Exercises and Drills

**DFA Kali** training is structured around progressive, practical drills and exercises that build foundational skills in Filipino martial arts. Below are

detailed instructions and principles for performing core exercises and drills from Levels 1-3, as described in the course materials and supporting resources.

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## **Warm-Ups and Stretching**

- Begin each session with dynamic stretching and joint mobility exercises to prepare your body for movement and reduce injury risk.
  - Include neck rolls, arm circles, hip rotations, and light cardio (jumping jacks, jogging in place).
- 

## **Footwork Drills**

### **Forward Angle Stepping**

- Stand in a neutral stance.
- Step forward at a 45-degree angle with your lead foot, then bring your rear foot to follow, maintaining balance.
- Repeat on both sides to develop agility and positioning
- .

### **Reverse Angle Stepping**

- From your stance, step backward at a 45-degree angle with your rear foot.
- Follow with your lead foot, keeping your guard up.

### **Six Point Stepping**

- Visualize a hexagon around you.
  - Step to each "point" (front, back, left, right, and both diagonals), returning to center each time.
- 

## **Punching Drills**

### **The Jab, Cross, Hook, Uppercut**

- Stand in a fighting stance (one foot forward, hands up).
- For each punch:
  - Jab: Extend your lead hand straight forward, rotating your fist so the palm faces downward at full extension.
  - Cross: Punch straight with your rear hand, rotating your hips and shoulders for power.
  - Hook: Swing your lead or rear arm in a horizontal arc, elbow bent at 90 degrees, targeting the side of an opponent's head or body.
  - Uppercut: Drive your fist upward from a bent elbow position, targeting under the opponent's chin
- .

## **Hand Speed Drills**

- Rapidly alternate punches (jab-cross) while maintaining proper form.
  - Focus on smooth, relaxed movement rather than maximum power.
- 

# **Kicking Drills**

## **Front Kick**

- From your stance, lift your knee, extend your leg forward, striking with the ball of your foot.
- Retract quickly and return to stance.

## **Side Kick**

- Pivot on your support foot, lift your knee, and extend your leg sideways, striking with your heel.
- Keep your guard up and retract after the kick.

## **Thai or Shin Kick**

- Swing your leg in a circular motion, striking with the lower shin.
  - Rotate your hips for added power
  - .
-

# Stick Drills

## Single Stick: Nine Angles of Attack

- Hold the stick in your dominant hand.
- Practice striking along nine basic angles (forehand and backhand diagonals, horizontals, verticals, and thrusts).
- Start slowly, focusing on smooth, controlled movements, then gradually increase speed as your coordination improves
- .

## Long Range Blocking

- Practice blocking incoming strikes by intercepting with your stick at arm's length.
  - Work with a partner or shadow block imaginary strikes.
- 

# Defensive Tactics

## Choke Defenses

- For a front choke, tuck your chin, step back, and use both hands to break the grip while moving off the centerline.
- For a rear choke, drop your weight, turn into the attacker, and use your arms to peel off the choke.

## Ground Fighting

- Practice moving between guard, mount, and side mount positions.
  - Focus on maintaining balance, controlling your partner, and escaping holds
  - .
- 

# Solo and Partner Drills

- Many drills can be done solo (shadowboxing, stick strikes, footwork), but practicing with a partner enhances timing, distance, and reaction skills.

- Use focus pads or training sticks for striking and blocking drills.
  - For partner drills, start slow and gradually increase speed and intensity as you gain confidence.
- 

## Tips for Effective Practice

- **Consistency:** Train regularly to build muscle memory.
  - **Form First:** Prioritize correct technique over speed or power.
  - **Progression:** Master basic movements before advancing to complex combinations or sparring.
  - **Feedback:** Record yourself or train with a partner/coach to get constructive feedback.
  - **Safety:** Always use appropriate protective gear, especially when training with sticks or at full speed.
- 

“Make them nice and smooth, don’t worry about speed right now...work on smooth cutting motions so you can pretend that your stick is a sword...gradually speed it up as you’re feeling good as that coordination is being dialed in.”

For complete visual instruction and step-by-step breakdowns, refer to the course video lessons and downloadable curriculum provided in the DFA Kali bundle

## Powerlifting & Aerobics for Kali + Escrima & Arnis, sets, repetitions, duration

Powerlifting & Aerobics for Kali + Escrima & Arnis, sets, repetitions, duration

# Powerlifting & Aerobics for Kali, Escrima & Arnis: Sets, Repetitions, and Duration

Powerlifting and aerobic conditioning can be highly beneficial for practitioners of Kali, Escrima, and Arnis, as these martial arts demand strength, endurance, and explosive power. Below is an expert guideline for structuring your training:

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## Powerlifting Structure

**Goal:** Build maximal strength and power for striking, weapon control, and grappling.

| Training Focus     | Sets | Reps   | Intensity (%1RM) | Rest Between Sets |
|--------------------|------|--------|------------------|-------------------|
| Strength/Power     | 3-6  | 1-5    | >80%             | 2-5 min           |
| Hypertrophy/Muscle | 3-5  | 6-12   | 65-80%           | 60-90 sec         |
| Endurance          | 2-3  | 12-20+ | 40-60%           | 30-60 sec         |

- **Frequency:** 2-3 sessions per week, focusing on compound lifts (squat, bench press, deadlift)

□ .

□ **Duration:** Each session typically lasts 45-75 minutes, depending on rest intervals and accessory work.

□ **Progression:** Increase weight, reps, or sets gradually to ensure continued adaptation

- .
- 

## Aerobics Structure

**Goal:** Enhance cardiovascular endurance, recovery, and overall work capacity for longer sparring or training sessions.

- **Type:** Steady-state cardio (running, cycling, swimming) or interval training (HIIT, circuits).
  - **Frequency:** 2-4 sessions per week.
  - **Duration:**
    - Steady-state: 20-45 minutes per session.
    - Intervals: 15-30 minutes per session, including warm-up and cool-down.
  - **Intensity:** Moderate (60-75% max heart rate) for steady-state; high (80-90% max heart rate) for intervals.
- 

## Integrating for Kali, Escrima & Arnis

### Why combine?

- Powerlifting develops the strength and explosiveness needed for weapon strikes, blocks, and clinch work.
- Aerobics improves endurance for prolonged training and sparring, as well as recovery between rounds.

### Sample Weekly Layout:

- **Day 1:** Powerlifting (lower body focus) + short aerobic session
  - **Day 2:** Martial arts technical training
  - **Day 3:** Powerlifting (upper body focus) + interval cardio
  - **Day 4:** Martial arts technical training
  - **Day 5:** Full-body powerlifting (lighter loads, higher reps) + steady-state cardio
  - **Day 6:** Martial arts sparring/drills
  - **Day 7:** Rest or light aerobic recovery
- 

## Key Guidelines

- **Rest between sets:** For strength, rest 2-5 minutes; for endurance, 30-60 seconds
- .
- **Accessory work:** Include core, grip, and shoulder stability exercises to support weapon handling.
- **Duration:** Total weekly training time (excluding martial arts classes) should be 3-5 hours, adjusted for recovery and skill practice.

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## Summary Table

| Component    | Sets | Reps | Duration per Session | Frequency |
|--------------|------|------|----------------------|-----------|
| Powerlifting | 3-6  | 1-12 | 45-75 min            | 2-3x/week |
| Aerobics     | —    | —    | 20-45 min            | 2-4x/week |

This combined approach ensures you build the strength, power, and endurance necessary for peak performance in Kali, Escrima, and Arnis, while minimizing injury risk and maximizing training efficiency

.